

MCSO PRESCHOOL

HARVEST OF THE MONTH ACTIVITY

PACKET



Persimmons

DECEMBER 2006

READ ALOUD BOOKS

(Please note: All books are from 05-06)

Week 1:

We Love Fruit by Fay Robinson

Week 2:

I Eat Fruit! by Hannah Tofts

Week 3:

How Are You Peeling? Foods with Moods
by Saxton Freyman and Joost Elffers

Materials provided by:
Merced County Office of Education, Nutrition Network
Contact us: 209-385-5394 or nnetwork@mcoe.org

Funded by the U.S. Department of Agriculture Food Stamp Program, an equal opportunity provider and employer, through the California Nutrition Network. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-952-5253.



SMALL GROUP ACTIVITIES

Persimmons

HM Theme: Seasons All Around
Week 1

Favorite Fruits (literacy)

Book: We Love Fruit

Objective:

Students will describe their favorite fruit and draw a picture of it.
Students will describe how their favorite fruit grows.

Supplies:

Drawing paper, crayons, blank big book, plastic fruit, 5 a Day flash cards

Directions:

1. Read We Love Fruit
2. Show students all the pretend (plastic) fruit and selected flash cards (**including persimmon**), and have the children name them. Each time remind them that the reason it is a fruit is because it has seeds.
3. Ask the students to identify the fruits from Harvest of the Month.
4. Discuss how each fruit grows (tree, bush, vine, etc.)
5. Shared Writing: Students list their favorite fruits to make a class book. Example: Jennifer likes watermelon. Pam likes apples. Each child illustrates their page.
6. Have students describe why they like that particular fruit. Flavor? Color? Texture? Smell? When have they eaten it before?

SMALL GROUP ACTIVITIES

Persimmons

HM Theme: Seasons All Around

Week 2

Fruity Facts (literacy and science)

Book: I Eat Fruit!

Objective:

Students will describe a favorite fruit and a fact about it.

Supplies:

Drawing paper, crayons, blank big book, construction paper, grocery store newspaper ad, scissors, glue

Directions:

1. Reread students' book about their favorite fruits.
2. Tell them today they will be making another book like I Eat Fruit!
3. Have them choose a favorite fruit (it can be the same one as before or a different one) and have them draw a picture or cut out and glue a picture (out of grocery store newspaper ad) on the top of a folded sheet of construction paper (like the flaps in I Eat Fruit). Then have them open the flap and tell you something about the fruit (a fact: one word, phrase or sentence). Encourage children to write the word(s) or take dictation. Then they can draw a picture on the inside flap that matches what they said about the fruit.
4. Glue each child's paper onto a page in the big book. Read to the class when completed.

SMALL GROUP ACTIVITIES

Persimmons

HM Theme: Seasons All Around

Week 3

Moody Fruits and Vegetables (3-D art)

Book: How Are You Peeling? Foods with Moods

Objectives:

Students will create a fruit or vegetable with human traits.

Students will describe the emotion their fruit/vegetable is feeling.

Students will describe their fruit/vegetable by telling if it is a fruit or a vegetable, what color it is, how it tastes, why he/she chose it, how it grows, and if it is a HOTM fruit or vegetable.

Supplies:

1 bag of black-eyed peas (at least two peas per child)

Different fruits and vegetables (1 per child).

Encourage children to bring one from home (suggest what type of fruit or vegetable: Persimmon, pepper, apple, orange, potato, sweet potato, turnip);

(Read the story the day before you do the activity and have them bring the fruit or vegetable the next day).

Safe-cut knives or spoons

Directions:

1. Let children create a moody fruit or vegetable like in the book. Have students use the safe-cut knives, however you will need to assist.
2. Model for them how to add the eyes by carving little holes for the eyes (peas) to rest in.
3. Describe and model how they might make a happy fruit with a smiling face or a sad fruit with a frown.

4. Have each child name and describe his/her fruit/vegetable. Review the nutrition information about the fruit or vegetable from previous lessons (how it grows, how it tastes, how you eat it, where you can find it, etc.)
5. Have them describe how their fruit/vegetable is feeling.

Food Experience Calendar

December 2006

| | | |
|---------------|-------------|-------------------|
| Friday | 12/8 | Taste test |
|---------------|-------------|-------------------|

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|---------------|--------------|------------------------|
| Friday | 12/15 | Persimmon Salad |
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Food Experience Recipes

December 2006

Fri 12/8/06

Taste test

5 Ripe Fuyu persimmons

5 Ripe Hachiya persimmons

Directions:

1. Show the children what the two varieties of persimmons look like. Slice each persimmon into quarters.
2. Place a slice of the Fuyu and Hachiya persimmons on each plate. Note the difference in color and smell.
3. Allow each child to taste the different varieties and discuss the taste (which one is the sweetest) and texture (soft, crunchy, mushy) of the fruit.
4. Ask the children to name another fruit of the same color. Discuss how/where the fruit is grown. Ask the class if any of them have a Persimmon tree in their yard. Ask each child to share which was his/her favorite variety.

Makes 20 Taste Tests

Developed by Merced County Office of Education Nutrition Network

Food Experience Recipes

December 2006

Fri 12/15/06

Persimmon Salad

3 3/4 cups spinach, washed
3-5 ripe fuyus, sliced
1/3 cup pecans, toasted (optional)
1/3 cup dried cranberries
3 Tbsp olive oil
3 Tbsp orange juice
2 tablespoons + 2 teaspoons rice vinegar
Salt to taste

Directions:

1. Combine oil, orange juice, rice vinegar and salt for dressing.
2. In a large bowl, combine spinach, persimmons, nuts and cranberries.
3. Toss salad with dressing and serve immediately.

Makes 27 taste tests (1/4 cup each)
Adapted from: www.lapublichealth.org/nutrition

Preschool Activities Shopping List

December 2006

Each shopping list is for one class session (unless otherwise noted.)

Preschool Activities Shopping Directions:

1. You must use the Save Mart card and shop at Save Mart or Food Maxx.
2. Purchase only the items that are on the shopping list.
3. If a specified item is not available, you may make an appropriate substitution. *Please include a written explanation with your receipt.*
4. Comparison shop for the best price.
5. Turn in your receipts promptly.

Fri 12/8/06: **Taste test**

5 Ripe Fuyu persimmons*

5 Ripe Hachiya persimmons*

**Be sure to purchase the persimmons a few days in advance to allow them to ripen.*

Fri 12/15/06: **Persimmon Salad**

1 large bag of spinach

3-5 ripe Fuyu persimmons*

1 small package of pecans (optional)

1 small package of dried cranberries

1 small container of olive oil (**purchase only one per site**)

1 small container of orange juice

1 small container of rice vinegar (**purchase only one per site**)

**Be sure to purchase the persimmons a few days in advance to allow them to ripen.*

PLEASE NOTE:

Olive oil and rice vinegar can be shared since the recipe only requires a small amount. This will help us keep our costs down.

Other Materials to Purchase:

Paper Plates: 20 plates X 2 recipes = 40 plates per class session for the month

Plastic forks for salad: 20 forks per class session for the month

1 bag of black eyed peas for Moody Fruits and Vegetables Activity